Hi {FIRST_NAME|Friend},

Taking care of your mental health is always important, but in this time of social distancing and isolation, it’s more important than ever.

Especially in the Latinx community, there’s sometimes a stigma around seeking services for your mental health. We get it. It’s hard to be vulnerable and ask for help.

Here at The Next Door, our caring and knowledgeable staff use both their skills and personal experiences to help our community be better, stronger, and healthier.

Everyone has their own life story; different reasons they may be struggling with uncomfortable feelings. Opening up and sharing what you’re going through with someone can be powerful and healing.

With this in mind, The Next Door is starting a 100% confidential Spanish-language emotional support line.
Spanish-Language Emotional Support Line

Monday 9am-1pm & 3:30-5pm
Tuesday 9am-12pm & 1-5pm
Wednesday 2-5pm
Thursday 1-5pm
Friday 9am-1pm

541-288-8043

Call and talk to our compassionate staff. We're here to listen, cry with you, and hear your story.

Share this resource with your friends and family. You never know who might need someone to listen or someone to care.

Be well,

Janet L. Hamada, MSW
Executive Director

P.S. The year-end giving season will soon be upon us. In the weeks ahead, you’ll be hearing from us more often with giving opportunities and stories of triumph. Stay tuned and take good care.